

I will **success** in life  
not **immediately**  
but **definitely**.



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# HOW TO WIN LIFE

## BASIC RULES



**AYNGARAN  
Foundation**

PEACE | PATIENCE | FAITH

# READ AND WIN



## Introduction to the Book

Hello Friends..

As i was growing up (well, still i am growing ;-)), gradually i came to know that no one can beat today's competitive world if he/she is not enough motivated, not enough inspired all the time. It is necessary today to stay inspired for all who want to establish new benchmarks in their life, who want to pursue their dreams, who want to achieve good in life and who don't want to end up by being JUST ANOTHER PERSON on this planet.

Likewise, mind of all of that kind of people always need some stuff, like some articles, some people, some stories who inspires them. But, the tragedy is that, we feed our body daily, we eat daily for that, But we do not feed our mind with such Inspiration or When i came to know that i must have to improve myself in many aspects of life in order to being a guy with accomplished dreams (not just another person :-0, i also found that many of my friends also want the same. So i thought of helping those friends, (like you as you are reading this my dear friend !) by sharing my experiences, my learnings, and knowledge i gain from anywhere. I thought of making it for everyone, not just for me.

Barrier in doing that was, "duh, how will i be able to do that by the way?"

But as dedication, passion and firm decision gives answers of even unanswered questions (!), i also found an answer, a way to do that, and i decided to write this. And i wrote 7 Steps of A Ladder Called "MOTIVATION "

So my dear friends, 7 Steps of A Ladder Called "MOTIVATION " is the sincere effort of mine to keep you inspired and to help you being capable to inspire In 7 Steps of A Ladder Called "MOTIVATION " you will find 7 motivational articles, named as step 1 to step 7, I hope you will like it and it will motivate you.

These Steps are:

STEP 1: Take 1st Step & WIN!

STEP 2: Don't Stop Yourself, JUST DO IT !

STEP 3: Making Mistake Is Not A Crime, Accept & Improve.

STEP 4: Expecting Without Doing Is Foolishness!

STEP 5 : Doubt And Fail or Trust And Win, Choice Is Yours.

STEP 6: A Smart Choice.

STEP 7: ARGUEMENTS vS ACTIONS !

And yes ofcourse, I am thankful

everyone who make me capable of doing this, I am thankful to different persons who taught me different things in life. I am thankful to them for supporting me. am thankful to everything which has been helpful to me in writing this. I am thankful to God and I am thankful to god on this earth, my parents. Thanks to readers, thanks to everyone.

Hope you will have a beautiful, inspirational journey with 7 Steps of A Ladder Called "MOTIVATION "

Get ready to inspire yourself and enjoy the journey.

THANK YOU.

Take 1st Step & WIN!

Once I was observing a small kid, around one and half year old baby girl, running, without any support of her mother, father or anyone else, without any fear of falling down and without any doubt. She was running to get a new toy in hands of her father, who was little away from her.

She ran, ran successfully, without any fall and without any harm. She reached her father and got that toy. When she got toy, she was happy, like getting the toy was the biggest achievement of her life for her.

Suddenly, i recalled a day from past, a day around six or seven months ago, when the scenerio, the situation was same, the little baby girl wants to take the toy from hands of her father. But she was not able to run, infact she wasable to even walk.

She was just trying to walk, she was learning to walk. She took a step, after some steps, she fell.

Again she took a step, and fell. And again she got up and tried to take a step, and again she fell.

This happened for too many days, she kept on taking steps and falling. But day by day, number of steps taken by her increased, she kept on doing it.

Gradually, she started walking and today, she is running. And ofcourse, getting the toy successfully which she wanted once.

On very same time, while i was thinking this, one of my friend sitting beside me was telling me that he wants to do something to fulfill his dreams, to help his parents, to make a life worth living.

As i can remember, he has been telling me the same thing from last few months.

He knows it very well what he wants to do, still he is not doing it, because he is afraid of taking the step, the first step.

I tried to relate these two incidents. i found that my this friend is like that little baby girl, who was not able to walk, but she wanted that toy.

I wondered, if that little baby girl had not taken that first step, or tried to take step, would she have been able to run and get that toy today? Answer was no. But she tried, she took a step and she never gave up taking steps though she was falling over and over again, and finally learnt to walk and run and got that toy.

If my friend is afraid of taking first step, then there is no chance of him to get what he wants. But if he will take first step, he will surely be successful.

Probably he will fall some times, but if he will keep on trying then there is not any doubt of him being successful.

Lesson which should be taken from this is, never afraid to take a first step towards your dreams, towards your success and in the direction of what you want to do.

A chinese proverb says,

"A longest journey starts from a single step.

Every big success story has same starting, that is the first, single step, not more than that or not less than that.

If Mr. Bill Gates hesitated to take a first step in starting Microsoft, he would not have been the richest person. If Mr. Sachin Tendulkar would not have taken first step to follow his passion, cricket, then he would not have been God Of Cricket today. If Mr. Barack Obama would not have taken first step, probably he would not have been president United States of America. And there are too many real stories proving that taking first step is necessarily required if you really want to do something good and really want to become successful.

So dear friends, don't afraid to take first step, just do it and follow your passion.

Don't afraid to leave Something behind which is stopping you from taking steps and accomplishing your dreams, which is Stopping you from following your passion.

Take first step, keep on walking, keep on running and one day, Everyone will see you successful, Everyone will be talking about your success and everyone will be giving examples of your success.

## STEP 2:

Don't Stop Yourself,  
JUST DO IT I

In this Step i am going to reveal the person who keeps on stopping ourself, i am going to unveil the person who keeps on pulling us from doing something good or great, i am going to introduce you with a person who always keep on letting ourself to select our comfort zone over hard work or perseverance Do you want to meet that person?

Yes?

Then listen to me now carefully and just do as i say. First of all get up from your sit or bed or wherever you are. Then find a

mirror. Clean the mirror that you can see in it clearly. Now just look into it. What can you see in it?

Have you seen a face?

Good, now tell me, whose face it is?

Exactly, it is only and only you, who is stopping you. It is only and only I who is stopping me, and same way it is only and only our third dear friend reading this who is stopping himself or herself.

I am sure you will agree with me in this, that too many times, before going to do something, we stop ourselves by doing it, if we don't stop, at least once we think about it that what could be if I won't do it and try to avoid or stop ourselves doing that. And most of the times, we end up NOT doing that because of confusion, or fear or any other reason may be, but the point is that we. The story starts after that. After that, sometimes we regret ourselves for not doing that thing. Sometimes someone else feels regret because of us, not doing that thing. Sometimes we just feel that it would have been good if we didn't stop ourselves to do that. And somewhere it effects on our confidence and on our willpower. And more important, these all things happens because of just a random thought popped in our mind, "Should I do it??"

Once I read a story, let me share it with you.

Once there was a well established, well reputed firm. A firm where every professional dream of working. This firm was famous for appreciating good work of their workers by giving them quick promotions. Owner of the firm was visionary and a wise man, who always believed in progress of its' workers. But rules for promotions were very strict.

Only worker who works at its best always had the better promotion. No good work means no promotion at all.

Once, the owner of the firm noticed that workers had been stopped to get promoted suddenly. No worker had been promoted since long ago. And he worried.

He tried to find reason and found that workers of his firm had started underestimating themselves for doing work assigned to

them and thus they were always avoiding themselves by handing over that work to someone else.

And gradually, it resulted in lack of willpower in workers.

He found solution to this. He started telling every worker that there is a person who is stopping workers to get promoted. He kept on doing this until every worker started believing that it was true. And when every believed that, he announced in his office that the person, who was stopping workers to get promoted, is dead.

Whoever wants to see that person can come to the place and announced the address and time.

Now what happened, every worker, who had even a little will to get promoted reached that place on given time. At that place, they saw that there was a coffin placed in between a huge ground. Every worker was asked to go one by one and see the face of the person.

Now, when workers started doing as said, they saw that in coffin, there was a mirror and message saying, "Yes, it was you !"

The moral this story convey is that there is no one except us who stops us or inspires us to do something. Now the decision is up to us which one we want to select. The one, stopping getting regret of not doing it or doing it and getting joy of doing something good.

I have seen too many persons around me who think a lot before doing anything. In fact I was or probably I

"am" ! ) one of them. The only thing which I learned is that.

"the more you think, the more you get confused"

Sometimes, it is good enough to follow the rule, "JUST DO IT" instead of hours of thinking, confusion and wait.

Everything done by you either will give you success or experience. In both cases, you are in profit. Then why to stop ourselves. (There are too many people outside to do this on our behalf ;- ) )

Even nature proves it right that thing which has been stopped thing which is in motion remains pure.



We all have seen pure water of river because it is in motion and dirty water which has been stopped at a certain place as well.

Then why to stop ourselves and get dirty?!!

Why to be our biggest enemy?

So dear friends, don't stop yourself, untill and unless the thing you are going to do give you experience or success.

We must have to start from ourself to reach at our actual potential. And if we are not doing it, then we are stopping ourself.

So just Decide, and JUST DO IT, without stopping yourself.

### STEP 3:

Making Mistake Is Not A Crime, Accept & Improve Presently, at this point of time, I am wondering why some people can't understand their responsibilities and blame other persons for mistakes made by them only or make other people to suffer loss because of their mistakes.

Can't they understand that their blames to other persons can create problems for other persons, may be very big or too small, but it can to the persons whom they are blaming.

And if someone is not accepting mistake than one is doing unfair to self only. Because no one will learn from mistakes made by them if not accepted by them. Than they will not improve, they will do the same mistake again and again because they haven't realised that the mistake was theirs only.

So if you are making mistakes than accept your mistakes with hands and full of your heart, because it will be in your favour. You will improve yourself by learning from that mistake.

And after all, making a mistake is not a crime, unless and untill we are making it knowingly. But it can be crime if we are repeatedly doing the same mistake again and again.

So indeed you want to be pure from heart, want to spend happy days then don't hesitate to accept your mistakes.

Accept mistakes quickly, Don't blame others for it, learn from it and avoid the same mistake next time. And get your updated version after every mistake made by you and only if accepted by you that it was your mistake !

#### STEP 4:

Expecting Without Doing Is  
Foolishness!

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Expectations without paying something towards our expectations is like demanding one more hour in a day after wasting all available 24 hours, which is impossible.

This something can be probably money as price, hard work, dedication, or can even be smart work.

If we expect anything, whether it's success or your target to be completed, Whether it is value which you deserves because of potential you have or respect you wish from others, or it can be anything, will not come without paying a certain amount.

Once i read a beautiful quote saying

" NOTHING GREAT EVER CAME THAT EASY".

I respect thought of the person who said it, but suddenly wondered would anything even simple came easy?

Certainly no. Everyone has to pay something for everything.

Same with our expectations. Most of the times we expect too much things, but do not pay anything towards that expectation.

Will any cold drink come to you without paying it's cost??

Definitely no, than how can we expect that our expectations will come to us without paying it's cost if even a small cold drink doesn't do it!!

So each and every expectation of anyone can be fulfilled if one is ready to pay what that particular expectation wants, may be hardwork, money or anything.

Remember one thing friends, expect anything is not bad thing but expect anything without doing anything is foolishness. And generation respects smart people, not foolish people.

Expect anything you want, but do everything at your best to get that expectation fulfilled.

STEP 5:

Doubt And Fail or Trust And Win, Choice  
Is Yours!

Have you ever felt that sometimes you are confident that you can do something but just one thought that "will it be done by me??" has ruined it?

Yes, it happens. With everyone, everytime when one doubts own capabilities. If we doubt our own potential, we start underestimating ourselves, and it causes doubt in ourselves and because of that doubt we feel fear or nervousness while doing something.

And that nervousness or fear actually ruins that work. Best way to do anything at our actual potential without underestimating ourselves is just do whatever you want to do without thinking too much on it. It won't let your mind to doubt in your capabilities. And so it can't develop any fear or nervousness.

Once I read a beautiful line saying,

"Doubt kills more dreams than failure. So perfect it is. We can witness many examples who haven't been successful to achieve what they dream just by doubting their potential, who started doubting themselves by just someone else's opinions about them or by self.

Have you ever seen any bird fearing while sitting on a branch of a tree?

No, it is not that it has belief in the strength of that branch, but it is that it has belief in the potential of its wings.

Believing in your potential, your capabilities in any situation is indeed important. And of course, get failure just by doing anything without doubting ourselves is quite better than not doing anything by doubting our capabilities, at least we get experience which will help us to get succeed next time.

So start believing in your own potential, don't doubt your capabilities and just do anything you want to do.

## STEP 6:

### A Smart Choice

Some of you must be thinking after reading title "A SMART CHOICE" that i will be writing something on how to take decisions or how to select one option from all available options. No, i am not going to do it.

Because according to me, one's instinct never say wrong to the person. So we can and we should take decisionsI actually mean from the title that we make too many choices in life, but after some time, may be after some days or months or years, we feel happy about some choices and feel sad or regret some other choices. Then which choice can be considered as a smart choice or wise choice? Those about which we feel happy or those about which we feel sad or regret?

After giving it a thought, i realised that generally we consider those choices as smart choices which gave us some visible benefit, by visible benefit i mean some kind of financial profit or physical benefit. And if a choice hadn't give us any visible benefit then we consider it as a bad choice or wrong decision. But we should think that, the choices which we consider as smart choices are teaching us or taught us anything which is helpful or beneficial to us in developing or growing ourselves? Are those choices giving us any knowledgeor experience which makes us wise or smart? Anyone can say, not at all, it simply gives us some kind of visible benefit as i said, it is not making us smart.

once read somewhere that,  
" Failure teaches you more than  
Success"

So, probably the choices which teaches us something new, something helpful, which helps us in developing ourselves or making ourselves smart and wise should be considered as SMART CHOICES, whether it gives us any visible profit once

on that moment or not, because it gives us that knowledge which will benefit us all the times coming ahead.

So, i can say,

" A Choice which makes Us SMART is A SMART CHOICE!"

## STEP 7.

### ARGUMENTS vs ACTIONS!

Have you ever seen some people around you who always remains ready to argue with another people no matter what the situation is or no matter what the topic is?

Yes, we can see people like this around us, and for our amazement these people always keep on doing only arguments but nothing else. Probably according to them they can win in any situation by arguments, by only arguments. Doing arguments is not wrong untill and unless you are right, but with arguments, actions are also required.

surely say that ACTIONS will be the best option, because by arguing probably you can win on the time but at the end you will loose both your reputation and relation with person to whom you argue.

Instead of arguing, try to prove right what you want to say by your actions, it will be effective than arguments, as you will prove yourself right as well as you will not be harming your reputation or relations with anyone. And ofcourse, if you prove yourself right by ACTIONS, by avoiding ARGUMENTS, everyone will appreciate you and your wisdom without any doubt.

"Never win by ARGUMENTS, always win by ACTIONS."

Take Care, Stay Happy!